

## Reading for Pleasure

How you can help your child

### Did you know?

Reading has been proven to have many benefits from mental stimulation to developing stronger analytical thinking skills. It also has other long-term benefits:

- Stress Reduction
- Improvement of concentration and memory retainment
- Vocabulary Expansion
- Knowledge Enhancement
- Stimulates Imagination

### A Closer Look:

Reading supports attainment in all subjects and helps students to access the wider curriculum. For example, in Maths and Science, there are extended mark questions where the student needs to be able to read and understand the questions they are faced with.

Research shows that reading can help to improve mental well-being and alleviate stress; especially when it takes place in a calm and relaxing environment. It is recommended that the reader has few distractions when reading, so that they can fully commit to the language they are reading. A bedtime routine which incorporates reading is recommended to relax the mind.

“Because reading is so integrated into every aspect of modern life, teaching reading really is equipping children for the future.” JAMES MURPHY

### Struggling Readers – understanding the battles they face:

If students are of a low ability for reading, by the time they reach secondary level they are at risk of becoming disengaged and avoid reading at all costs. This then results in the learner feeling demotivated and a lack of enjoyment sets in. They will begin to struggle to acquire the necessary knowledge in several different subjects and slowly over time, well-being and behaviour may also be affected because of this.

It is therefore of vital importance that we adopt an enjoyable approach to reading for pleasure. We want students to view it as an enjoyable activity that they are truly invested in. Do they understand what they are reading which can be monitored through comprehension tasks and quizzes.

The Cycle of Positive Influence (National Literacy Trust research into interrelationships between reading enjoyment, attitudes, behaviour and attainment.

1. Students take part in a reading activity.

4. Positive reinforcement will repeat the cycle.



2. Make the experience a positive one and they will become connected through enjoyment.

3. Students are more likely to develop a positive attitude towards reading.